



Wheat Berry Salad with Dried Cranberries

Yield: 8-4 oz. portions

Wheat Berries:

1-1/3 c.	Hard Red Wheat Berries
6 c.	Cold Water
1 tsp.	Salt

1. Rinse wheat berries.
2. Combine ingredients in a heavy saucepan. Bring to a boil, reduce heat and simmer gently, stirring occasionally for 1 hour until al dente.
3. Drain, rinse and chill.

Raspberry Vinaigrette:

2 Tbsp.	Raspberry Vinegar
1/8 tsp.	Salt
t.t	Ground Pepper
1/3 c.	Olive or Canola Oil

1. Whisk vinegar, salt and pepper together in a small bowl.
2. Slowly whisk in oil.

Salad:

1/2 c.	Red Onion, finely chopped
1/4 c.	Dried Cranberries
1/4 c.	Cilantro, finely chopped
1 tsp.	Salt

1. Combine cooked wheat berries with red onion, dried cranberries and cilantro.
2. Add desired amount of vinaigrette for preferred consistency.
3. Correct seasoning to taste and add more cranberries if desired.